

STINGER SPORTS

94-95

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DIRECTOR
Harry Zarins

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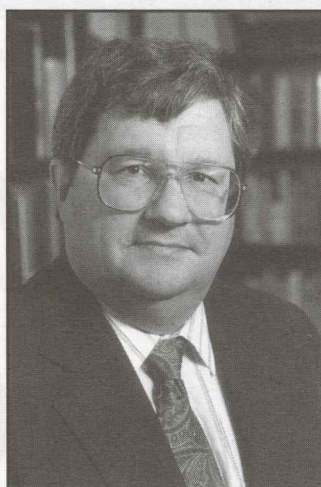
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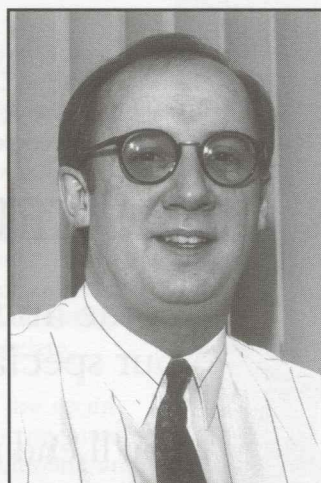
Dr. Charles Bertrand
Interim Rector and
Vice-Chancellor

This year will unquestionably be an exciting one for the Department of Recreation and Athletics at Concordia University. With Harry Zarins as director, our excellent coaching staff and the unsurpassed talent of the Stingers teams, we look forward to a year of continued growth, renewed commitment and exciting events.

I warmly welcome our fans and alumni and thank them for their strong support of Concordia athletics. I also offer all our student athletes best wishes for luck and success, both in the classroom and on the courts, the fields and the ice. I know that each athlete will strive for excellence and will wear the Concordia University colors with pride.

Let's all enjoy the 1994-95 season and the challenges that come along with it. Go Stingers

Charles L. Bertrand



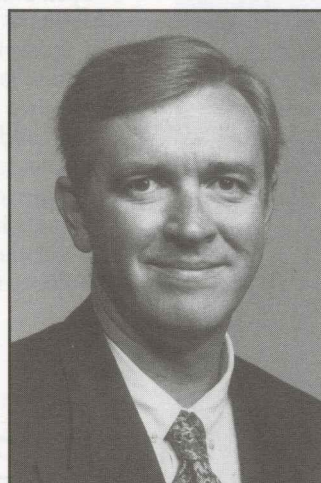
Dr. Donald L. Boisvert
Associate Vice-Rector,
Services (Student Life)

Welcome to another season of Stingers varsity sports. This will undoubtedly be a year to remember, as the outstanding promise held by our student athletes is realized.

Recreation and athletics at Concordia are an integral part of a much larger picture: Student Services. The mission and philosophy of Student Services is to "support and promote a student-centred view of education that recognizes that intellectual development and personal growth are intimately connected." Participation in inter-collegiate sports and recreational activities is an important way to enhance the development of our students, in all aspects of their personalities.

Your contributions as fans and spectators are equally significant. Thank you for your encouragement and enjoy the season.

DLB.



Harry Zarins
Director of Recreation and
Athletics

On behalf of the Department of Recreation and Athletics, I would like to welcome you to another year of exciting intercollegiate sports.

We are very proud of our 1993-94 achievements, which included five league championships and several exceptional performances at the national level. Our athletes and teams will build on the foundations laid down last season, which can only mean even greater goals will be pursued and met.

I wish to salute all our dedicated athletes, coaches and support staff whose efforts do so much to bring recognition and pride to Concordia University. I also wish to thank the many friends, fans and alumni whose generous support and donations help our teams. Your efforts are sincerely appreciated, and we hope to see them continue to grow. As well, a warm welcome is extended to the parents and families of our athletes, coaches and staff.

Enjoy the game. We hope to see you often during the 1994-95 season.

Harry Zarins

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WELCOME TO CONCORDIA UNIVERSITY

With approximately 26,000 students, 3,200 faculty and staff members, and more than 80,000 alumni worldwide, Concordia University is one of Canada's largest and most dynamic institutions of higher learning.

Students can choose from 160 undergraduate and graduate programs in four faculties: commerce and administration, fine arts, engineering and computer science, and arts and science. Also, integrated within the faculties are seven colleges and more than a dozen research centres.

The university has two campuses: Sir George Williams, which has approximately 40 buildings spread over 13 blocks of downtown Montreal; and Loyola, which sits seven kilometres away on 46 acres in west-end Montreal. The latter has 41 buildings.

From its founding institutions – Loyola College (1896) and Sir George Williams University (1873) – Concordia has inherited a tradition of superior teaching supported by the best possible scholarship, creative activity, research and service to society.

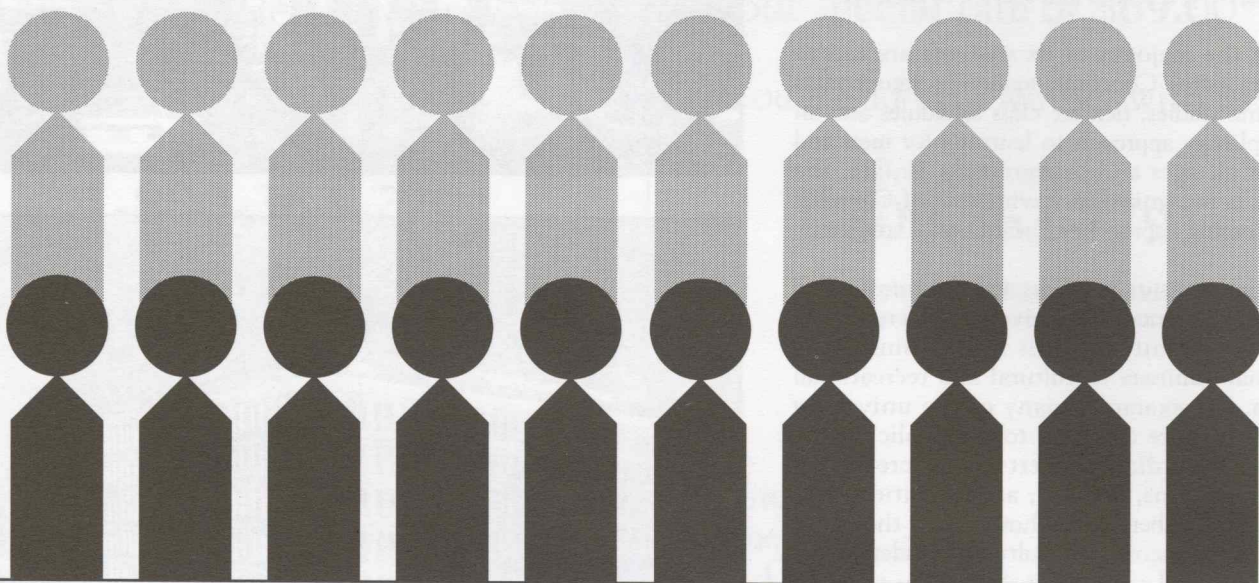
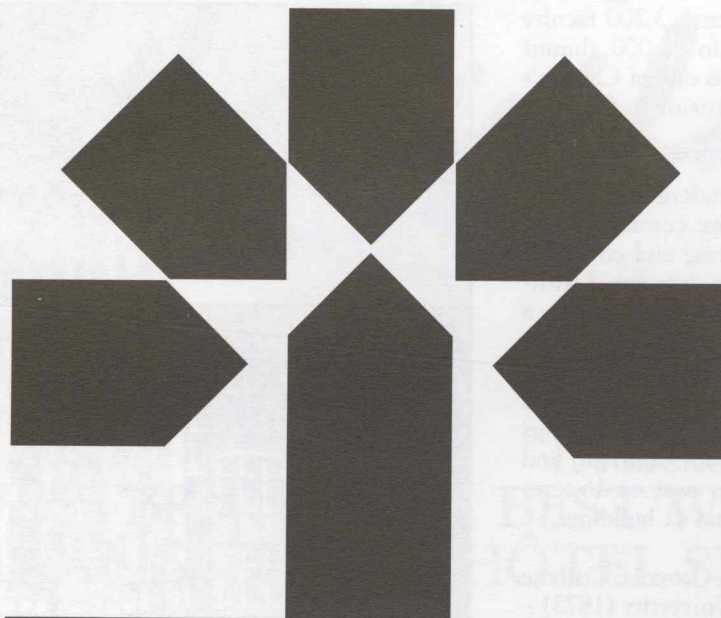
Although the majority of its students are recent CEGEP graduates, Concordia maintains an openness to part-time studies, flexible class schedules and an interdisciplinary approach to learning for men and women of all ages and backgrounds. In fact, the university is recognized as having one of Canada's most welcoming approaches toward senior students.

Ever responsive to its members and the surrounding communities, Concordia University offers a wide range of community services from business and professional seminars to cultural and recreational activities. For example, many of the university library services are available to the public, attendance at Concordia's concerts, film screenings, drama productions, lectures, art exhibitions and sports events numbers in the hundreds of thousands annually and Concordia's faculty and students provide research and consulting services to corporations, small businesses and individuals.

For general information on Concordia University call the public relations department at 848-4880. For details on admissions call 848-2668.



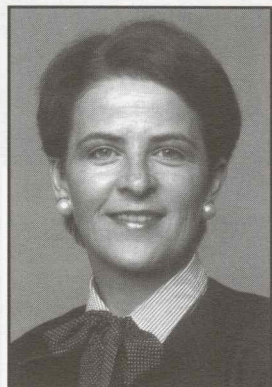
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Concordia University lost a dear friend and indefatigable volunteer this year with the death, at 41, of Laurie Brodrick.

The paintings hanging in the foyer of the Loyola Athletic Complex include one of former

Loyola College hockey and football star Robert Brodrick. If there'd been more paintings done of former outstanding athletes, Robert's daughter Laurie would most certainly be right up there beside him.

Laurie Brodrick began her studies at Loyola College and was a student when the merger with Sir George Williams took place. As a result, her degree was a 1974 Concordia bachelor of arts, honors Spanish. While she was attending Loyola/Concordia,

Laurie carried on the family tradition and played hockey for both. She was rookie of the year her first season and, for the next four years, was captain of the team.

Her coaches remember her taking the game and her responsibilities as captain very seriously. Once, during a bench-clearing brawl, the only player left with her gloves on was the team captain, Brodrick.

When she graduated, her teammates established the Laurie Brodrick Award in recognition of her sportsmanship and leadership. It is still given annually to the outstanding female freshman athlete.

Laurie continued her studies and eventually began a career in banking. She worked for the Royal Bank, most recently as a manager of market development and an assistant portfolio manager with Royal Bank Investment Management.

Still, she found time for her old schools. Laurie served on Concordia's board of

governors and on the boards of the Loyola Alumni Association and of the Concordia University Alumni Association (CUAA). She was a member of the board of directors of the Loyola Peace Institute. She participated annually in the Concordia Golf Tournament and was a creator and strong supporter of Concordia's Homecoming.

Laurie seemed always to be available when a capable and willing volunteer was needed. She was a chair of the alumni division of the annual giving campaign from 1990 to 1992. At the time, she said, "Concordia is one of my favorite organizations to volunteer for."

It's not difficult to see why Laurie was one of the recipients of the CUAA's 1993-94 Distinguished Service Award. She accepted the honor at the award banquet on Jan. 27, 1994.

Laurie Brodrick died on June 18, 1994, after a courageous battle against cancer. Concordia University mourns her loss.



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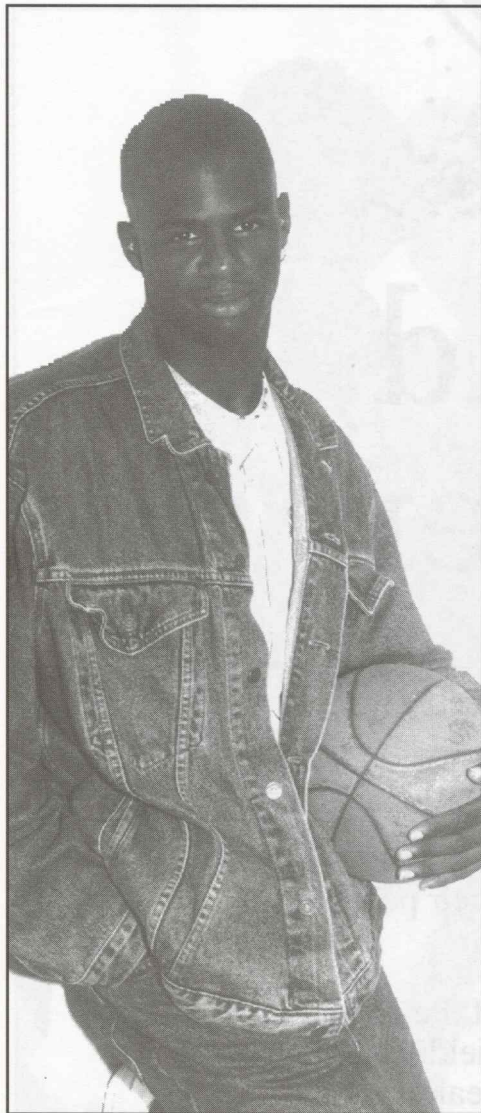
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MEN'S BASKETBALL - EMERSON THOMAS

By DONALD MCGOWAN JR.



When Emerson Thomas arrived at Concordia University in the fall of 1990, men's basketball head coach John Dore quickly dubbed him "E.T." The moniker stuck, and now almost all the Stinger faithful immediately know who's the subject of conversation when they hear, "Get the ball to E.T."

"I think it was the first practice, and John just called to me, 'Hey, E.T.' about something," Thomas explained. "People have been calling me that since. I like it. It kinda gives me a persona."

It's not that Thomas needed one, though. Despite coming across as soft-spoken, the personable Thomas has become one of the most popular and charismatic players on a Stingers' roster that is top heavy with flash and talent.

"People always say that about me, that I'm quiet," Thomas said. "It's funny. I've never thought of myself that way. I've always thought I was outgoing."

The nickname has more to do with Thomas's initials than the Steven Spielberg movie of the same name. It could easily go the other way though.

For the past four seasons at Concordia, E.T. has been out of this world.

Thomas came off the Vanier College basketball assembly

line — following Cheetahs alumni Robert Ferguson, Dino Perin, Ernie Rose and Nick Arvanitis to Concordia — and he has helped make the Stingers a national contender, year after year.

On a personal level, he's been on the Canadian Interuniversity Athletic Union (CIAU) honorable mention team each of the last two years.

A national championship and CIAU recognition are Thomas's "immediate goals," but he's got bigger plans down the road.

"I'd really like to play for the national team," Thomas admitted. "It might be two or three years away, but it's something I'd like to pursue."

For that reason, Thomas moved from his natural forward position to guard last season.

For the first three years of his Concordia career, Thomas played forward. But at six foot five, 185 pounds, Thomas thought he might

be a little too slender to cut it up front at a higher level of competition.

He approached Dore prior to the 1993-94 season about moving to the backcourt.

"John didn't have a problem with it at all," Thomas said, "and it's worked so far."

If national championships and CIAU honors elude him this year, Thomas won't worry a great deal. He says he's proud of what he's accomplished at Concordia and enjoyed playing in the Stingers upbeat, run-and-gun system, which in recent years has provided some of the most exciting action on the Montreal university basketball scene in some time.

"It's always been charismatic," Thomas said. "The guys on the team over the time I've been here make it that way. They've all been great. We've always had fun and played that up-tempo style. If you say it's fun to watch, I'll tell you it's more fun to play."

MEN'S BASKETBALL PROSPECTUS

Head coach: John Dore

Assistant coach: Harvey Liverman

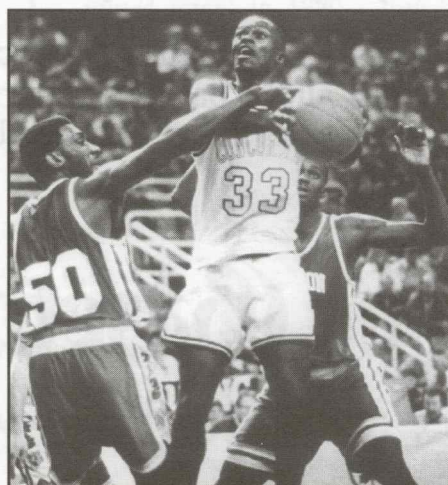
Key veterans: Emerson Thomas, Gaetan Prosper, J.P. Reimer, Fred Arseneault, Dan Furlong, Benoy Jacobs, Scott Mahwinney

Newcomers: Rob Dawson, Justin Padvaikas, Ezra Franklin
Strengths: Seven veterans from last year's championship team are back, Emerson Thomas, one of the best and most versatile players in the CIAU, is among the veterans.

Weaknesses: Need to fill the void at guard positions vacated by Robert Ferguson and Steven Thomas.

Record in 1993-1994: 12-0 in league play

Playoffs: Won league and posted a 1-2 win-loss record at the nationals.



MEN'S BASKETBALL SCHEDULE

Saturday, Oct. 22	7:30 p.m.	vs. Western (non-conf.)
Oct. 28 & 29		Concordia Nike Tournament
Nov. 5 & 6		Carleton Hoops Classic
Nov. 11 & 12		Laurentian Tip Off Tourney
Friday, Nov. 18	TBA	at Iona College (non-conf.)
Saturday, Nov. 19	TBA	at Boston University (non-conf.)
Friday, Nov. 25	8 p.m.	vs. McGill
Saturday, Nov. 26	8 p.m.	at Bishop's
Friday, Dec. 2	8 p.m.	at Laval
Dec. 29-31		Hall of Fame Classic in Halifax
Jan. 6 & 7		Golden Ball Tourney in Saint John
Friday, Jan. 13	8 p.m.	vs. Bishop's
Saturday, Jan. 14	8 p.m.	at McGill
Friday, Jan. 20	8 p.m.	vs. Laval
Friday, Jan. 27	8 p.m.	at McGill
Saturday, Jan. 28	4 p.m.	vs. Bishop's
Friday, Feb. 3	8 p.m.	vs. Laval
Tuesday, Feb. 7	8 p.m.	at Bishop's
Feb. 10 & 11		Lynn University Tourney, Boca Raton, Fla.
Sunday, Feb. 19		at Laval
Friday, Feb. 24	8 p.m.	vs. McGill
Friday, March 3		First round of playoffs
March 7, 10 & 12		Second round of playoffs
March 17-19		CIAU championships in Halifax

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When it comes to sports, Montrealers are a breed apart. From dynasties on ice to celebrations on the soccer field, Montreal fans are famous for their passion, their penchant for nicknames – and their *pride*.

They're also famous for their knowledge of the game. Whether it's the batting average of a right-fielder or the latest rumors of an impending trade, Montrealers know the score every day with the help of The Gazette.

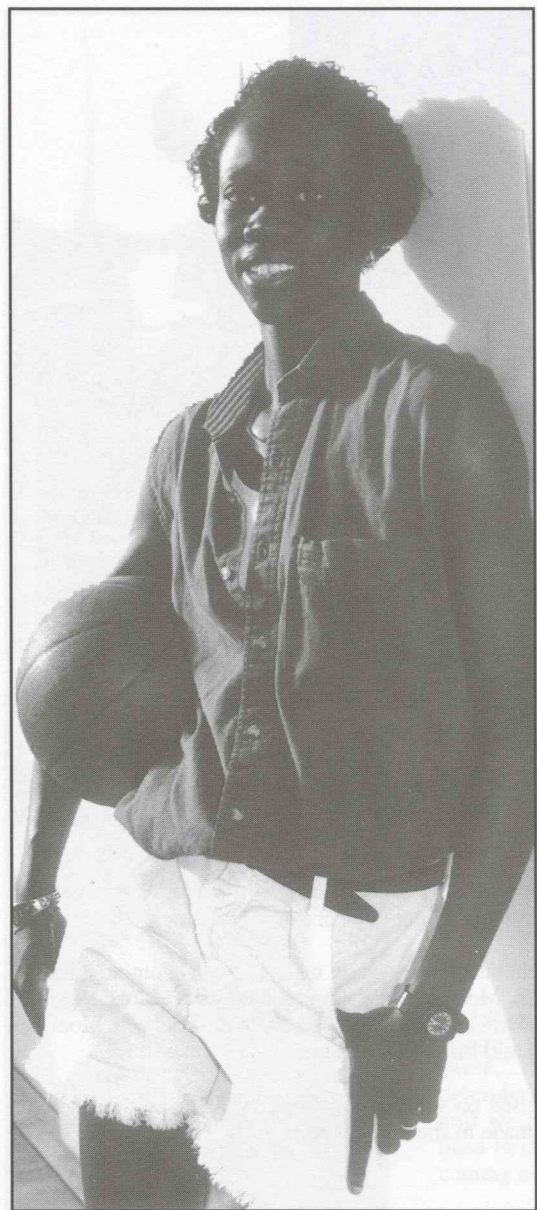
Seven days a week, superstar columnists like Jack Todd, Red Fisher and Pat Hickey cover all the bases in a sports section that's as 'Montreal' as the city that invented basketball.

The Gazette

As Montreal *as ever*

WOMEN'S BASKETBALL - LINDA BENJAMIN

By DEREK CASSOFF



Linda Benjamin is an all-round athlete who excels at several sports, including badminton and soccer, but it is her meteoric rise as first a forward and now a guard on the Concordia basketball court that has people talking.

"What most people don't realize is that Benjamin came to the Stingers with very little playing experience," said women's basketball coach Mike Hickey. "Although she played some basketball at Dawson College, she was devoted to the badminton team and didn't plan on playing university basketball when she enrolled at Concordia."

Hickey was sure he had found a diamond in the rough and recruited Benjamin heavily. His instincts were excellent. Benjamin has turned out to be a big contributor to Concordia's rise back to the higher echelons of women's university basketball.

As the Concordia Stingers prepare to defend their Quebec University Women's Basketball championship, Hickey is counting on Benjamin and guard Sharon Sandy, both in their fifth years, to provide leadership on and off the court.

The dynamic duo first joined forces in 1990, when as rookies, they experienced varied levels

of success as members of the Stingers basketball team.

Sandy was given freedom at the offensive end of the court, and as a result became the team's leading scorer. Her exciting end-to-end drives and long-range shots thrilled fans and earned her rookie All-Canadian honors. Benjamin, who was still learning a lot about the game, also showed occasional flashes of brilliance.

"A lot of people, myself included, thought she was capable of doing more on the court," said Hickey of that first year. "But watching her you just knew she was going to be a great player. She just needed time and coaching to develop into her potential."

During her third season with the basketball team, Benjamin decided to concentrate on only basketball. Her soccer ambitions fell by the wayside in 1992. Her increased commitment to basketball paid off. She was instrumental in helping the Stingers to their first playoff berth in eight years. Although Concordia lost a heart-

breaker to Laval in the semifinals, the Stingers and Benjamin were on their way to bigger and better things.

Last season, Benjamin was an exceptional defensive player whose responsibilities included covering the opposing teams' top offensive players. While she was receiving recognition for her defensive play, she was also continuously developing her offensive skills. As her year progressed Benjamin began to consistently score on spectacular drives and open jump shots.

Four years of hard work paid off with a berth in the Canadian Interuniversity Athletic Union national championship tournament.

"We played outstanding at the nationals, and I feel that we are going to continue in October where we left off last March in Calgary," said Hickey. "We have had a taste of what it is like to be a champion and we want more."

You can count on Benjamin to be an integral part of this year's success.

WOMEN'S BASKETBALL PROSPECTUS

Head coach: Mike Hickey

Assistant coach: Robert Ferguson

Key veterans: Sharon Sandy, Linda Benjamin, Pat Demers, Eva Samore, Sabrina Gaspari, Isabelle Bernier, Jennie Smith

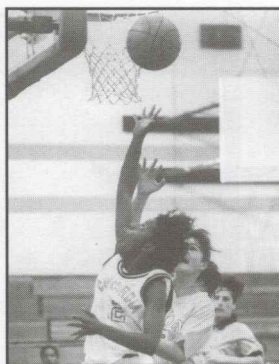
Newcomers: Marie-Helene Heroux, Wanita Jones, Wanda Vierre, Nadia Murphy

Strengths: Defensive pressure may be best in country. Still on a tremendous high after exceptional playoff performance last season.

Weaknesses: Only Sharon Sandy has more than one year of experience at guard position.

Record in 1993-1994: 7-5 win-loss record in league play

Playoffs: Defeated Laval and McGill to win QSSF championships, lost to CIAU champion Winnipeg, then defeated UNB and UBC to win consolation championship at nationals.

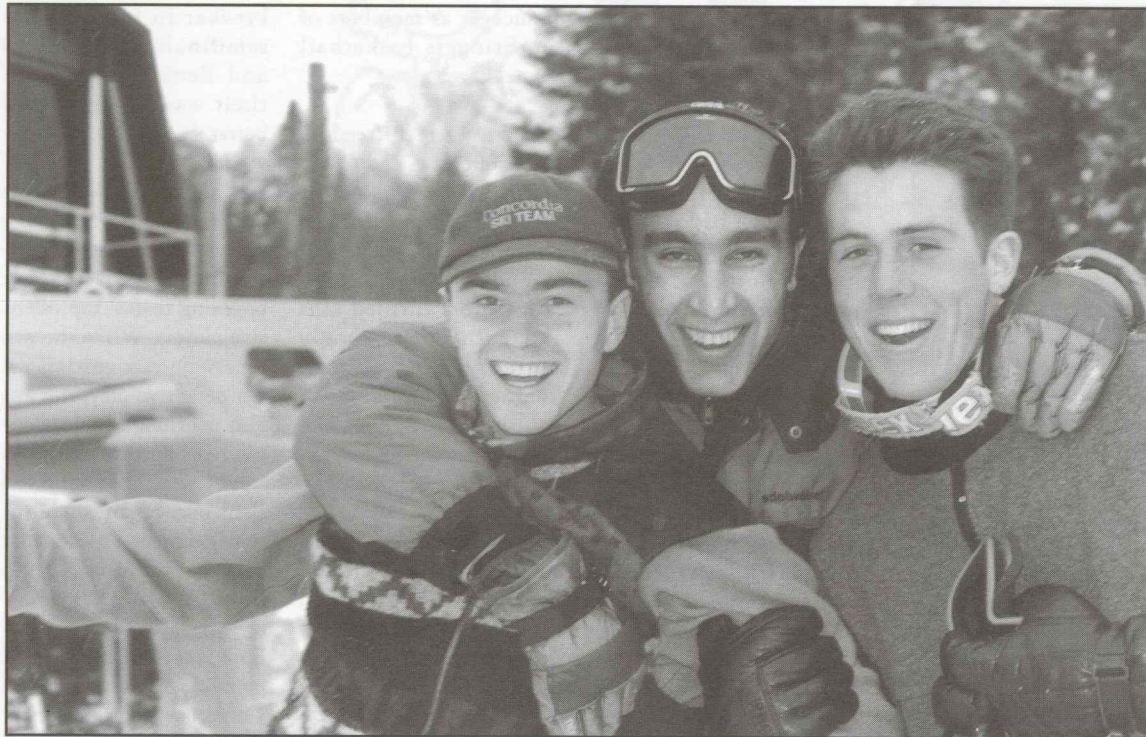


WOMEN'S BASKETBALL SCHEDULE

Oct. 21-23	Ryerson Tournament
Nov. 4-6	Manitoba Tournament
Nov. 11-13	Concordia Saxon Classic
Wednesday, Nov. 16	TBA
Saturday, Nov. 19	TBA
Friday, Nov. 25	6 p.m. vs. McGill
Saturday, Nov. 26	6 p.m. at Bishop's
Friday, Dec. 2	6 p.m. at Laval
Dec. 30 & 31	St. Mary's Tournament
Jan. 5-7	McGill Tournament
Friday, Jan. 13	6 p.m. vs. Bishop's
Saturday, Jan. 14	6 p.m. at McGill
Friday, Jan. 20	6 p.m. vs. Laval
Friday, Jan. 27	6 p.m. at McGill
Saturday, Jan. 28	6 p.m. vs. Bishop's
Friday, Feb. 3	6 p.m. vs. Laval
Tuesday, Feb. 7	6 p.m. at Bishop's
Sunday, Feb. 19	TBA
Friday, Feb. 24	6 p.m. vs. McGill
Wednesday, March 1	First round of playoffs
Saturday, March 4	Second round of playoffs
March 17-19	National championships at Lakehead

ALPINE SKIING

Sometime in early September it will begin with a meeting during which prospective members will discover that being part of the Concordia ski team requires more than just having the ability to ski down slopes at hair-raising speeds.



More than any other sport at Concordia University, participation on the ski team means a strong commitment to the program's administration and fundraising.

The team's first function is the highly successful Concordia ski sale held in early November, which has become one of the most anticipated events of the year on the Loyola campus. Each member is expected to contribute at least 60 hours to the sale, and the proceeds from it are used to finance the team's training camp and competitions on the Quebec university ski circuit.

"A lot of varsity teams might balk at all the extra work that is required of the skiers," coach Stephane Rivard said, "but for us it is an important, vital part of the team's development. The camaraderie, the true feeling we have for each other helps us to enter the competition phase in January with a total team focus."

"Because of the varied needs of our program, it is not just the gifted athlete who can make a strong contribution to the team's success. Our success is not measured in race times only."

The actual on-slope training begins during Christmas break when the team heads north for a gruelling week of skiing and time trials.

The Quebec ski circuit consists of six races (grand slalom and slalom) between Concordia, McGill, Laval, Sherbrooke, Université de Quebec à Rimouski, Université de Montréal, Université de Quebec à Montréal, Ottawa University and Bishop's University.

Each race is televised on a tape-delay basis by RDS, and tremendous strides have been made in the last few years in the promotion of the circuit.



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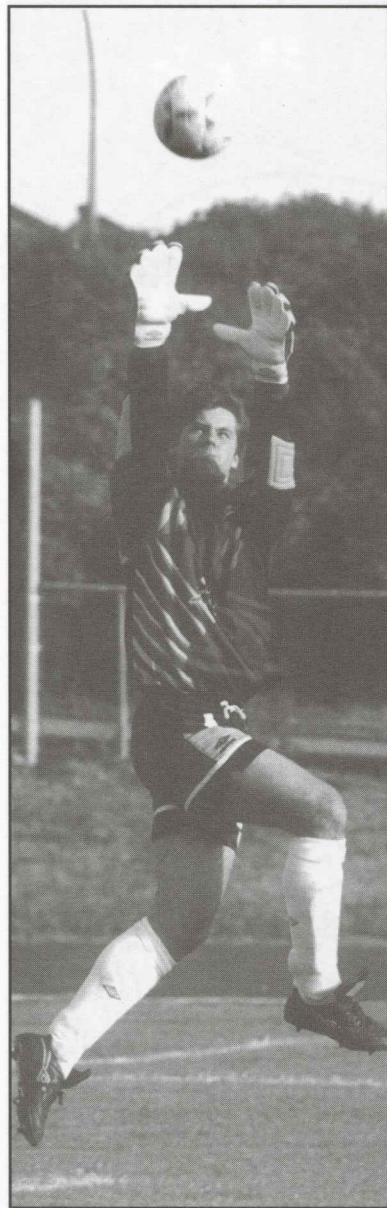
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MEN'S SOCCER - PAT HARRINGTON

By DEREK CASSOFF



Can there be a more pressure-filled job in professional sports than that of the soccer goalie? Often untested for long stretches of time, he is suddenly called upon to make dynamite saves. He always seems to be working under the intense scrutiny of thousands of fans, who expect him to be flawless on each and every play.

Pat Harrington knows all about those pressures, having spent the past 13 years tending goal for various professional soccer teams in Europe and North America, most recently with the Montreal Impact of the American Professional Soccer League.

"It's the one position where you can't make any mistakes because then there is only one result," he said. "You have to be mentally sharp all the time. It's hard to stay fresh for so long."

There is perhaps only one other position in sports that carries with it as much fan scrutiny — that of the coach. Once again, Harrington will be under immense pressure, having accepted the job of guiding the Concordia Stingers men's soccer team this season.

Harrington says his move into coaching is a natural progression for a player who plans to stay involved in soccer long after his goaltending days are over. Besides, he says his being a netminder will be a definite advantage when it comes to his new job.

"As goalies, we have a very unique perspective of the game," he said. "We see our defenders work in front of us and we know what forwards need to do since they're always coming in against us."

Harrington, 29, has enjoyed a very successful soccer career so far, including the last four seasons he has spent in Montreal, playing first with FC Supra of the Canadian Soccer League (CSL) and, as of last year, with the Impact.

He was born in Toledo, Ohio, where his father was a university professor. Harrington moved around frequently as a child before spending his teenage years in Peterborough, Ont. He broke into the professional soccer ranks as a 16-year-old in 1982, playing nets for the Toronto Blizzard of the now-defunct North American Soccer League.

In 1985, he decided to move to Europe, signing with the Division I Charlton Athletic Club. But the club was only allowed to carry three non-British imports, and there was no room for another foreign player.

"They wanted me to marry one of their secretaries, someone who was on call for that sort of thing, so I could become British," he said. "But I said no. England was very dreary, and you don't have the same luxuries and conveniences that we have here in North America."

Back in Canada, Harrington worked his way into the record books with his play in the CSL. He holds three league records,

including most career shutouts (14 in 1990) and lowest goals-against average in a season (0.43 in 1990).

Harrington has been married to wife Susan for three years. They live in Little Burgundy with Tyson their three-year-old Labrador retriever. They own a gift basket boutique in Westmount, and Harrington helps out when it doesn't conflict with soccer.

Harrington inherits a Stinger team that should have eight or nine veterans returning from last season, including mid-fielders Russell Burrows and Claudio Durant, and goalie Patrick Schmidt.

Harrington was an assistant coach with the 1993 Stingers, who finished a disappointing fourth in their division. It was disappointing, Harrington says, because he feels the team was just as talented as the conference champions from Université de Sherbrooke, who went on to capture the Canadian university title.

"But I don't think we have far to go to catch them," he said. "We have a good base of players to work with and we're very solid up the middle. I really think we have the potential to take everything this year, right up to the national championship."

MEN'S SOCCER PROSPECTUS

Head coach: Pat Harrington

Assistant coach: Grant Needham

Key Veterans: Russell Burrows, Claudio Durant, Mari Lombardi, Patrick Schmidt

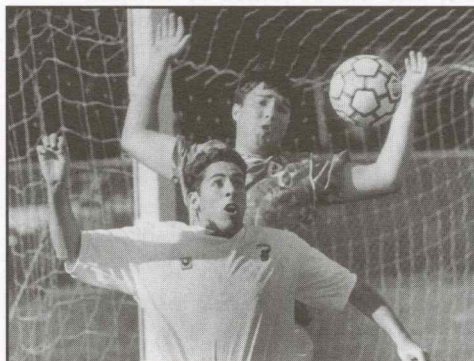
Necomers: TBA

Strengths: A veteran lineup and an enthusiastic coaching staff. Has potential to bring home a Quebec championship

Weaknesses: None

Record in 1993: 5 wins, 5 losses

Playoffs in 1993: Defeated McGill in semifinals, lost to Université de Sherbrooke, the eventual CIAU champions, in the final.



1994 CONCORDIA STINGERS MEN'S SOCCER SCHEDULE

Friday, Sept. 9	5 p.m.	vs. Boston (non-conf.)
Sunday, Sept. 11	1 p.m.	vs. Alumni (exhib.)
Thursday, Sept. 15	7 p.m.	vs. UQAM (exhib.)
Friday, Sept. 16	5 p.m.	vs. Vanier (exhib.)
Saturday, Sept. 24	2 p.m.	at UQTR
Sunday, Sept. 25	3 p.m.	vs. Sherbrooke
Wednesday, Sept. 28	9 p.m.	at McGill
Friday, Sept. 30	5 p.m.	vs. Bishop's
Sunday, Oct. 2	2 p.m.	at UQAM
Sunday, Oct. 9	3 p.m.	vs. UQTR
Saturday, Oct. 15	1 p.m.	at Bishop's
Sunday, Oct. 16	3 p.m.	at Sherbrooke
Friday, Oct. 21	3 p.m.	vs. McGill
Oct. 28 - 30		League semifinals
Nov. 5 & 6		League finals
Nov. 10 - 13		CIAU nationals

WOMEN'S SOCCER – ACADEMICALLY ACCOMPLISHED

The Concordia Stingers women's soccer team didn't win a championship last season, but its members did chalk up a most astonishing and commendable accomplishment.

Six players from the team were named Canadian Interuniversity Athletic Association Academic All-Canadians. In all, 11 varsity athletes from Concordia University received the honor.

The soccer players who made Academic All-Canadian are: Sarah Brown, 3.49 grade-point average (GPA) in history; Kirsten Gallagher, 3.69 GPA in management information systems; Isabelle Marquis, 3.52 GPA in psychology; Edith Roberts, 3.44 GPA in exercise science; Tracy Vaillancourt, 3.51 GPA in early childhood education; and Shaza Zikra, 3.86 GPA in finance.

"They should be very proud of themselves and their accomplishments because it's not easy," said Anna Johansson, who runs the Department of Recreation and Athletics' Student Athlete Academic Support Program. "It represents a lot of effective time management and effective studying.

"It's a great accomplishment," she continued. "It demonstrates that you can combine both academics and athletics successfully."

The other five Academic All-Canadians are: wrestler Jason Della Rocca, 4.08 GPA in accounting; football player Robert Taylor, 3.69 GPA in geology; and hockey players Dale Betts, GPA 3.46 in administration and management; Michael Pohorly, 3.46 GPA in communications; and Eric Rochette, 3.44 GPA in anthropology.

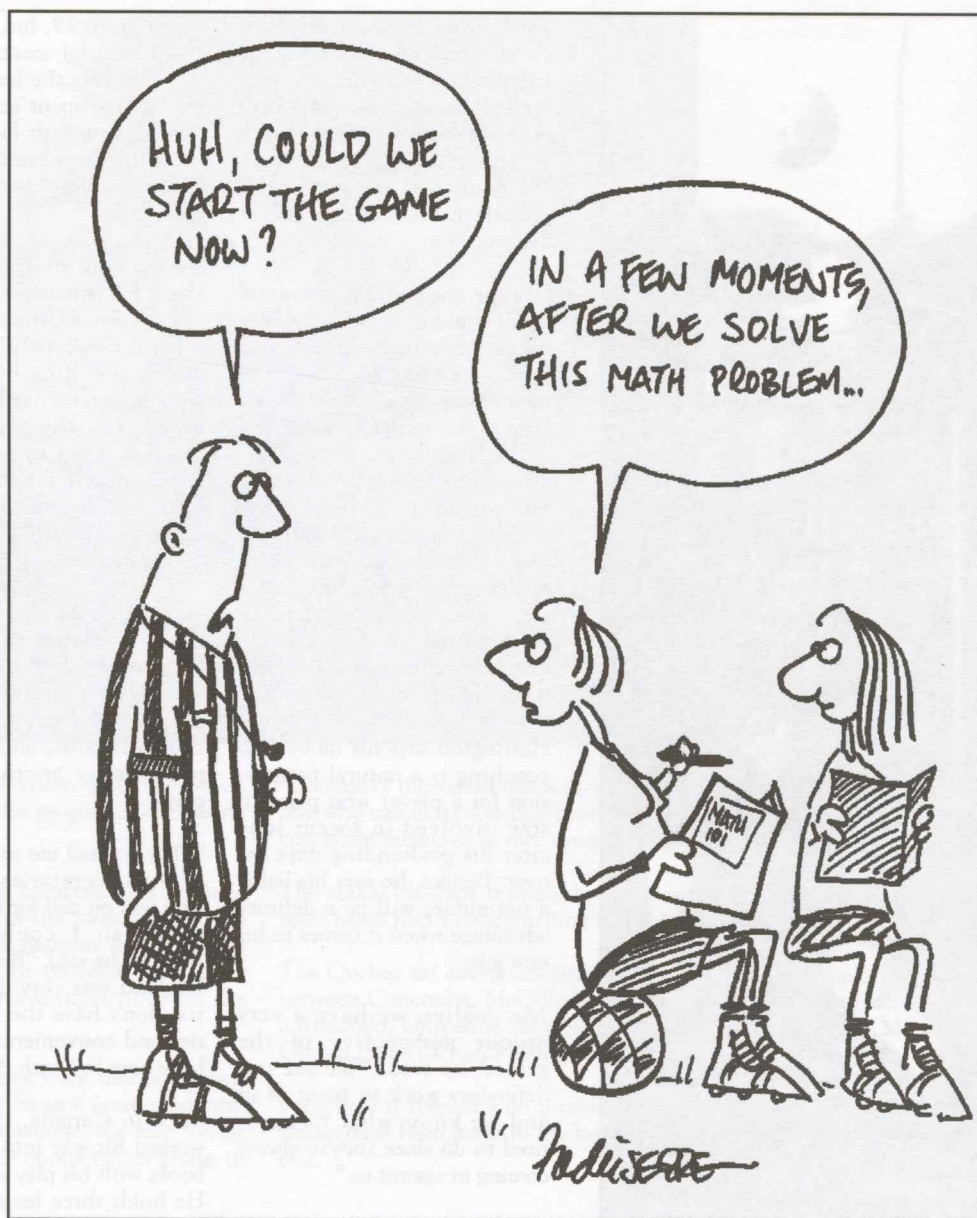
The highest team average also belongs to the women soccer players. The team recorded a 2.92 average. It was the second year in a row that the women soccer players posted the best average.

Sylvia Franz, who is the new head coach of the women's team, is looking forward to working with such an intelligent group of individuals.

"I'll have to spend less time explaining, and we can spend more time putting things into practice," she said.

Aside from making her job easier, Franz likes the idea of shattering some negative images.

"We're not dumb jocks," she said. "The stereotype is being broken. It shows there are some very smart people who can do more than just hit the books."



Franz, who will be joined by assistant coach Luce Mongrain, will take over a team that finished in third place in the Quebec Student Sports Federation league and lost 3-0 to McGill in the semifinals last season. With a fresh approach and a little smarts, she hopes to move the team up in the rankings.

If the team can equal its accomplishments in the classroom, it should be a very successful campaign.

WOMEN'S SOCCER SCHEDULE

Saturday, Sept. 24	noon	at UQTR
Sunday, Sept. 25	1 p.m.	vs. Sherbrooke
Wednesday, Sept. 28	7 p.m.	at McGill
Friday, Sept. 30	7 p.m.	vs. Bishop's
Sunday, Oct. 9	1 p.m.	vs. UQTR
Saturday, Oct. 15	3 p.m.	at Bishop's
Sunday, Oct. 16	1 p.m.	at Sherbrooke
Friday, Oct. 21	5 p.m.	vs. McGill
Oct. 28-30		Semifinals
Nov. 5 & 6		Finals
Nov. 10-13		National championships at Alberta

CROSS COUNTRY & TRACK AND FIELD - SUZAN BALLMER

By MIKE HICKEY



TRACK AND FIELD & CROSS-COUNTRY PROSPECTUS

Head coach: Susan Ballmer

Key veteran: Lara Penno

Newcomers: TBA

Strengths: Veteran Penno has established herself as one of top runners in Quebec and is helping draw attention to the program at Concordia

Weaknesses: The team would like to have more participants

Key results in 1993: Penno was always in the top two in the 1500-metres and the top three in the 3000-metres

If someone had told Suzan Ballmer 10 years ago that she would someday become a high-profile coach of elite athletes, she would have dismissed them as crazy. Yet that is what she has become.

"I guess I'm a natural teacher," Ballmer said. "Anytime I get involved in an activity or project I usually end up teaching in that field."

Ballmer started running triathlons in 1986, while she was working on her masters in education degree at McGill University. It wasn't long before she organized the Furies Running Club, Montreal's first and only all-female running group. Her involvement with the Furies led her to Concordia's Victoria Gym and the formation of the Concordia Triathlon Club.

By that time, the coaching bug had hit Ballmer and she began to expand her knowledge and expertise by attending coaching clinics in Canada and the United States.

Last fall the fledgling Concordia cross-country and track and field teams were in need of a coach, and Ballmer answered the call. Although she has coached the Stingers for less than a year, she has made a strong impression on her athletes.

"Suzan has been instrumental in my success as a runner," said Derek Marinos who is beginning his third season with the Stingers. "I enjoy running for the first time in my life. "She realizes that each

athlete has special needs and designs their program to fit their individual needs and talents. She is an excellent motivator, is well-organized and really cares about the individual.

"Now when I run, I not only do it for myself but I run for Suzan as well."

Ballmer, who recently earned her level II certification from the Canadian Coaching Association, sees her role as that of a facilitator, helping the athletes to maximize their potential. And she feels that there is a greater need to encourage female athletes to participate at elite levels.

"I believe that if we can bring more women into the mainstream of athletics, society will benefit from a greater balance," she said. "We need to free up women and men to be able to assume the same roles in life."

At Concordia, Ballmer hopes to turn the programs into ones that can compete with elite Quebec universities.

"Up to now, the other Quebec schools haven't had to worry about Concordia," Ballmer said, "but we aim to change that."

Ballmer is exactly the kind of coach every team or

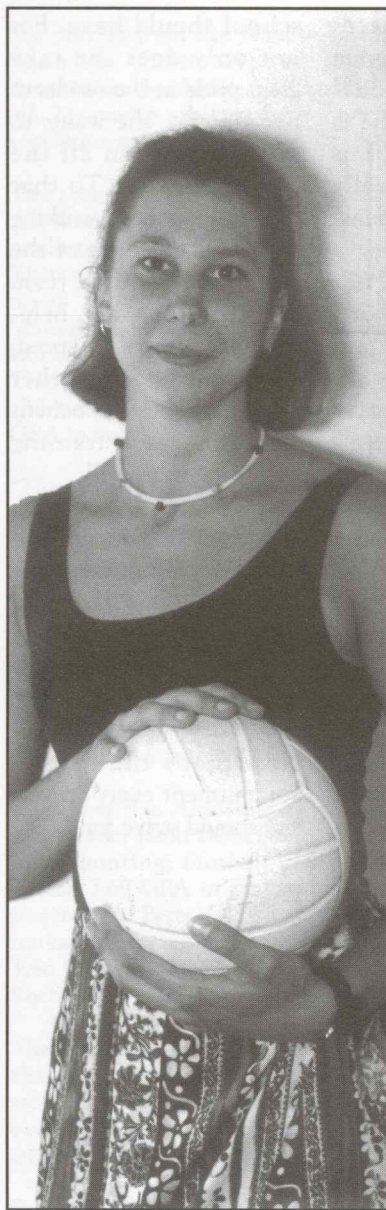
school should have. For not only does she take great pride in the results of her athletes, she wants to see everyone in all the programs excel. To that end, she has been working with Louis Daniele of the Concordia football team during the summer, helping him increase his speed. And she feels other varsity athletes can benefit from off-season training with runners as well.

"My goal at Concordia is to build strong, competitive programs that are well-entrenched in the athletics department," she said.

Now that's the type of commitment every university should strive for.

VOLLEYBALL - CASSIE BARDO

By DONALD McGOWAN JR.



It's not that middle-hitter Cassie Bardo hasn't enjoyed her three years with the Concordia women's volleyball team. She has.

But Bardo is looking forward to when, some years down the way, she returns to the Loyola Athletic Complex to see how the old team is doing.

Old friends will greet her with a warm smile and a friendly hug. They'll update one another on what they're doing, who they've seen and so on. Then they'll laugh over stories of yore.

Of course by this time, if the plan goes accordingly, the Stingers will be playing a key match in the hunt for the Quebec Student Sports Federation (QSSF) championship.

People new to the school will probably point Bardo's way, whisper to each other and ask "who's that?" A veteran of the university sports scene will interject and say, "That's Cassie Bardo. She helped make Concordia volleyball what it is today."

"The program here is still young," said Bardo, who enters her fourth year with the Stingers this fall as a team co-captain with Natalie Müller. "But I think it's moving in the right direction. I'm going to be happy and proud when I can say that I'm alumnae."

The women's volleyball program is only six years old and still fighting an uphill battle toward respectability in the

highly-competitive QSSF. Bardo is a major weapon in that battle.

"She'd be the best player by far that's come through our program," said Melanie Sanford, the Stingers' coach since the team's inception. "There have been others who have been good, but Cassie has solidified the program and led us to a higher level. We play in a very competitive league. There are at least three teams that are top 10 teams nationally every year.

"You need players like Cassie to help put you on the map. There's a trickle down effect. Good players see her here and what she's done and then they think about coming here. If I had 12 Cassie Bardos, I'd be laughing."

Cassandra Bardo, a 23-year-old from Anjou, Que., came to Concordia in 1991 from Champlain College in St. Lambert with an impressive athletic résumé. She'd collected most major awards during her high school career at Laurier MacDonald in Anjou and capped her time at Champlain by being named the CEGEP's Female Athlete of the Year.

That list has gotten longer since her arrival at Concordia. She was the MVP on the volleyball team last season and was named to the QSSF all-star team the past two seasons.

"We finished fourth last year," Sanford said, "so making the all-star team says a lot about her ability. We might not have been a nationally-ranked team, but people noticed her talent. She stands out."

As a result, Bardo was named a recipient this year of a Petro-Canada Olympic Torch Scholarship. She also earned a QSSF scholarship in 1993.

"I don't think there's any question that she has the potential to be on the national team if that's what she chooses to do," Sanford said. "She's that gifted."

But Olympic glory and globe-trotting with a national team isn't a top priority for Bardo.

"When I came to university, I hadn't thought much about the national level," she said. "I don't know if that's the direction I want to go."

In fact, it was the leisure studies program at Concordia that attracted Bardo more than a shot at the volleyball big time.

"It's the program I wanted to follow," she said. "I had been in touch with Melanie when I was at Champlain. I liked her approach and respected her as a coach and felt that going to Concordia and playing there would be a good combination."

VOLLEYBALL PROSPECTUS

Head coach: Melanie Sanford

Assistant coaches: Townson Lee, Mike Squarek

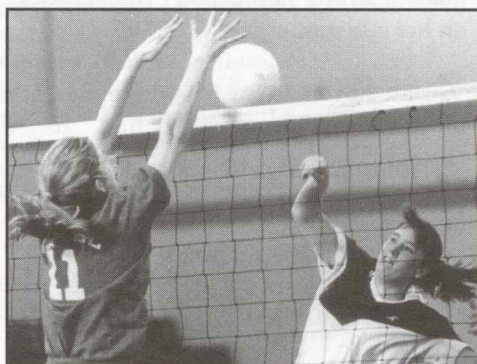
Key veterans: Cassandra Bardo, Natalie Müller, Eleanor Chan, Nathalie Annett

Newcomers: Chantal Jung, Trish Cook, Anna Pzovas
Strengths: The return of veterans Cassie Bardo and Eleanor Chan

Weaknesses: Young team

Record in 1993-1994: 15-25, includes league and non-conference play

Playoffs: Lost in semifinals to Université de Montréal

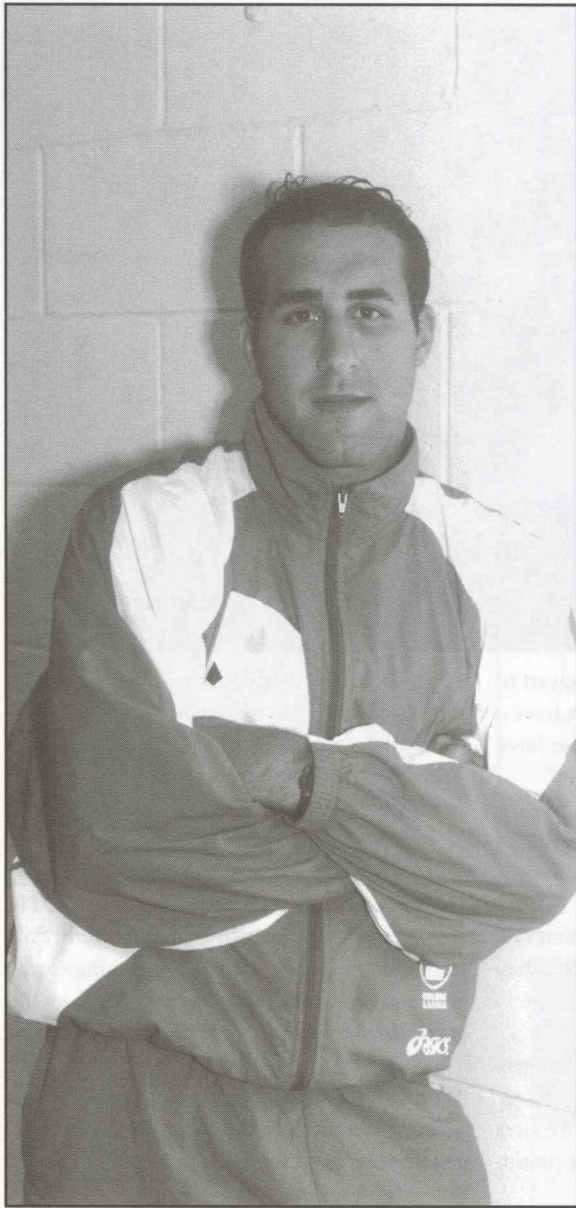


1994-95 CONCORDIA STINGERS VOLLEYBALL SCHEDULE

Saturday, Sept. 24	10 a.m.	at Ottawa (non conf.)
Sunday, Sept. 25	TBA	at Ottawa (non conf.)
Sept. 30, Oct 1 & 2		Concordia Invitational
Saturday, Oct. 22		McGill Invitational
Friday, Nov. 11	7 p.m.	at Laval
Saturday, Nov. 12	6 p.m.	at Laval
Saturday, Nov. 19	2 p.m.	vs. Sherbrooke
Sunday, Nov. 20	2 p.m.	vs. Sherbrooke
Wednesday, Nov. 23	7 p.m.	vs. McGill
Nov. 25 - 27		Sherbrooke Tournament
Sunday, Dec. 4	1 p.m.	at McGill
Monday, Jan. 9	7 p.m.	vs. Laval
Tuesday, Jan. 10	7 p.m.	vs. Laval
Sunday, Jan. 22	2 p.m.	vs. McGill
Jan. 27-30		Ottawa Invitational
Wednesday, Feb. 8	7 p.m.	vs. McGill
Friday, Feb. 10	TBA	at Sherbrooke
Saturday, Feb. 11	TBA	at Sherbrooke
Friday, Feb. 17		League semifinals
Feb. 19 & 26		League finals
March 2 - 4		CIAU nationals

WRESTLING - JASON DELLA ROCCA

By DEREK CASSOFF



The way Jason Della Rocca describes his start in wrestling, it seems almost accidental. He was a Grade 8 student at Pierrefonds Comprehensive High School when he decided to take in a local match with a few buddies during a lunch break.

Della Rocca had never been to a Greco-Roman match and was half expecting to see Hulk Hogan and André the Giant duke it out in a battle royal. But Della Rocca liked what he saw and the next year he decided to try it out for himself, enrolling in the school's wrestling program.

"I was a little fat boy that got tossed around," he said "I would get chucked around. Muscle-heads would wrench my head off. But I didn't mind losing. But I didn't mind losing, I was having fun."

Five years later, Della Rocca is still having fun, only this time at the expense of those so-called muscle-heads. The 20-year-old Concordia commerce student has emerged as one of the Canadian Interuniversity Athletic Union's (CIAU) top wrestlers, having captured a bronze medal in the 83-kilogram class at the annual championships in Ste. Catharines, Ont., last spring. In fact, Della Rocca was the only wrestler from a school east of Ontario to collect a medal at the event.

"The fact that I am smaller than most of my opponents gives me an advantage," said Della Rocca, who lives in Pierrefonds with his parents. "Knowing that I'm always weaker than my opponent forces me to concentrate on technique and perfecting my moves."

Della Rocca rose quickly through the amateur wrestling ranks since that first match in Grade 9. By the end of his second season, he joined the Riverdale Wrestling Club, a West Island group that meets for two hours each weekday evening. The extra practice and tougher competition from fellow club members made a big difference. Within two months, Della Rocca was whisked off to the provincial championships. That's where the fun really began.

Competing in the 15- and 16-year-old age group, Della Rocca easily won the Quebec championship and was sent to Regina, Sask., to compete in the Canadian finals. There, he again finished at the top of his class and he earned a berth at the world championships in Missouri. He wound up third there after losing to an opponent from Bulgaria.

"The whole thing was a big surprise after only two years of wrestling," Della Rocca said. "By the next year, everyone was afraid of me. I was the one kicking everyone else's ass."

Della Rocca has since won two more provincial championships and he finished second at the nationals this past season. Now he is hoping for more glory as a member of Concordia's

wrestling team during the course of the next two years.

When he is not pinning opponents to the mat, Della Rocca enjoys playing rugby. He is a prop for the Montreal Barbarians club. Last year, he competed on the provincial team that represented Quebec at the Canada Games in Kamloops, B.C. Della Rocca had a chance to attend the Games as a wrestler but he chose rugby for culinary reasons.

"In rugby, they encourage you to eat and they feed us well at the Games," he explained. "But in wrestling you have to watch your weight, so they give you wafers and water."

Della Rocca is able to compete in both sports because the seasons do not coincide. The competitive wrestling calendar wraps up in May just in time for the start of the rugby season. Rugby winds up each September, which is when Della Rocca eagerly returns to the wrestling mat and to a steady diet of wafers and water.

WRESTLING PROSPECTUS

Head coach: Victor Zilberman

Staff: assistant coach and manager Ali Pourdjazal

Key veterans: Jason Della Rocca, Dave Wilson

Newcomers: Dave Chodat, Akira Higuchi, Robbie Prasad

Strengths: Strong competition, organizational skills, good training program

Weaknesses: Small number of athletes on team makes winning regional and national competitions tough

Key results last season: Jason Della Rocca won a bronze medal at the CIAU championships

RUGBY

The phenomenal success of the Concordia women's rugby team, which has won three consecutive Quebec championships and has an amazing 24-game winning streak in league play, can be attributed to many factors: talent, commitment from the players and strong leadership from head coach Tom Ingerman.

There is, however, one more key ingredient - the tireless work of assistant coach Chris Regimbal. While many players and coaches have come and gone over the years, Regimbal has been a constant factor.

She played for the Stingers from 1987 to '89, when she graduated from Concordia with a bachelor of commerce degree. Her university playing days were over and the business world was calling, but Regimbal wasn't ready to leave the Stinger rugby program. So she hung around and became the unofficial caretaker of women's rugby. She fulfilled the duties of team manager, has kept a steady watch on the team's development and was instrumental in getting Tom Ingerman hired as the team coach in 1991.

"We had just finished a season in which we were undefeated during the regular season and upset in the playoffs by McGill," Regimbal recalled. "Our coach (Greg Taggart) was being transferred to Toronto, and the program was at the crossroads."

Regimbal knew Ingerman from the Town of Mount Royal Rugby Association and thought he would be the right person for the job. And she was right.

"He has all the ingredients needed to be a head coach," Regimbal said. "He's very organized, is a good communicator and he has a great knowledge of the game."

"A lot of successful teams loose focus and become selfish but not this team," she added.



"A lot of the credit for that has to be given to Tom. Concordia women's rugby players have a strong commitment to winning and we have been able to develop a strong team spirit."

While the women's team has dominated the university scene, the men's side has been through many highs and lows.

The men have played well in tournaments, especially those south of the border, but they have not fared as well on the Quebec circuit.

After a three-year playoff drought, the Stingers qualified for post-season play the past two seasons. Despite being eliminated in the first round both times, there is a sense of optimism in the rugby camp.

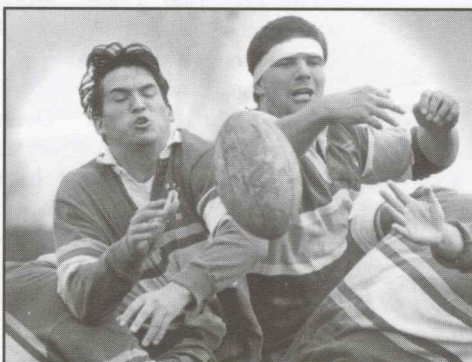
A good deal of that optimism centres around new head coach Louis Aguirre. The veteran coach is being counted on to provide the stability and continuity that has been missing from the men's program.

If his past record is any indication, Aguirre is the man to take the Stingers to the top. He has many championships to his credit, all accumulated during a 10-year coaching career that has seen him work at every level in the province.

While the challenges at Concordia may be his greatest, Stinger fans are counting on him to raise the team to the same heights reached by the women's team.

MEN'S RUGBY SCHEDULE

Sunday, Sept. 11	3 p.m.	vs. UQTR
Sunday, Sept. 18	3 p.m.	at Bishop's
Sunday, Sept. 25	1 p.m.	at Sherbrooke
Wednesday, Sept. 28	8:30 p.m.	at McGill
Sunday, Oct. 2	3 p.m.	vs. Bishop's
Wednesday, Oct. 5	8 p.m.	vs. McGill
Wednesday, Oct. 12	7 p.m.	at UQTR
Sunday, Oct. 23	3 p.m.	vs. Sherbrooke
Sunday, Oct. 30		Semifinals
Sunday, Nov. 6		Finals

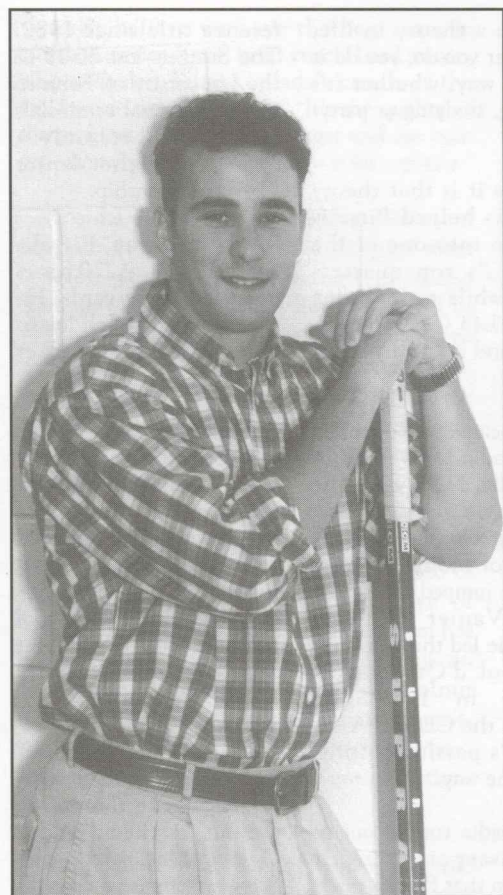


WOMEN'S RUGBY SCHEDULE

Sunday, Sept. 11	1 p.m.	at MAC
Sunday, Sept. 18	1 p.m.	at Bishop's
Sunday, Sept. 25	1 p.m.	at Ottawa
Wednesday, Sept. 28	7 p.m.	at McGill
Sunday, Oct. 2	1 p.m.	vs. Bishop's
Wednesday, Oct. 5	6:30 p.m.	vs. McGill
Wednesday, Oct. 12	7 p.m.	vs. MAC
Sunday, Oct. 16	1 p.m.	at John Abbott
Sunday, Oct. 23	noon	vs. Ottawa
Sunday, Oct. 30		Semifinals
Sunday, Nov. 6		Finals

MEN'S HOCKEY – DANIEL PICARD

By BRIANNA DAVIS



Colorado may be a long way from Montreal, but playing hockey in the Rocky Mountain state was the best decision Daniel Picard, 22, ever made. Otherwise, he might not be a member of the Concordia men's hockey team today.

After being overlooked in the Quebec Major Junior Hockey League draft a few years ago, the right-winger, who spoke only French at the time, accepted a hockey scholarship at St. Mary's High School in Colorado Springs, where, in addition to pursuing his hockey career, he learned English. It was not just a new country that he went to, but a whole new world.

While in Colorado, Picard studied English and played many sports including soccer, baseball and his first love – hockey. From Colorado, Picard came to Concordia.

"I knew it would be a great source of motivation for me to go to an English university to practise all I had learned in Colorado," said the marketing major. "When I was told Concordia had the best

commerce program, I made my decision."

Since choosing Concordia, Picard, or Pic to his teammates, has never looked back.

"Everything since Colorado has been great," he said.

The feeling must be mutual since head coach Yves Beaucage named Picard the captain of the 1994-95 Stingers. Picard says it's a great honor, but it won't change his approach to the game.

"There are 25 guys on the team who look to you for leadership and to be a good example, but it's only a "C" on the jersey," he said. "You work 100 per cent in every game. Being captain shouldn't force you to work harder. I'll work just as hard this season."

One thing that should make Picard a strong captain is his desire to win. Heading into the 1994-95 season he has his sights set on a national championship. "I want us (the Stingers) to win something big and nothing less than that," he said. In his precious spare time, Picard enjoys working out in the gym, roller-blading and spending time with friends. He spends a lot of time with his teammates, who have become a kind of second family.

"We study in the library, go out after games and to parties with other school athletes," he said.

Picard will graduate this May and hopes to work as a technical and mechanical builder and to one day use these skills and his marketing degree to work for Quebec's Gaz Metropolitain.

MEN'S HOCKEY PROSPECTUS

Head coach: Yves Beaucage

Assistant coaches: Robert Boyle, Tom Angelitti

Key veterans: Martin Balleux, Daniel Picard, Eric Rochette, Patrice Martineau, Pierre Fillion, Steve Salhany, Benoit Therrien

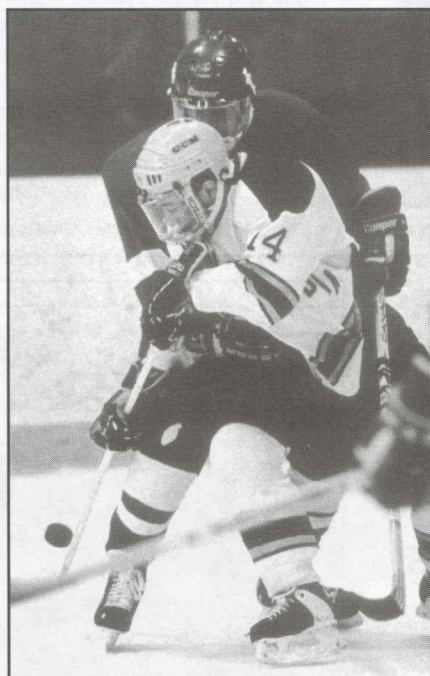
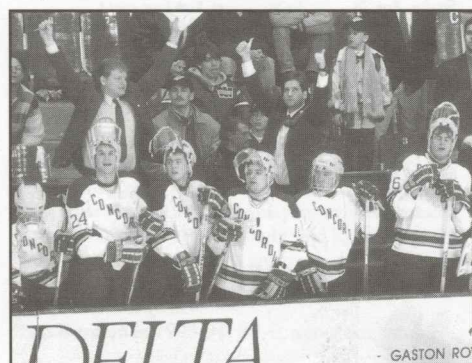
Newcomers: Daniel Paradis, Eric Meloche, Pascal Ouellette

Strengths: Improved offensive punch

Weaknesses: Young defence

Record in 1993-94: 15-8-1, third place in league

Playoffs in 1993-94: Lost in first round 6-2 to UQTR



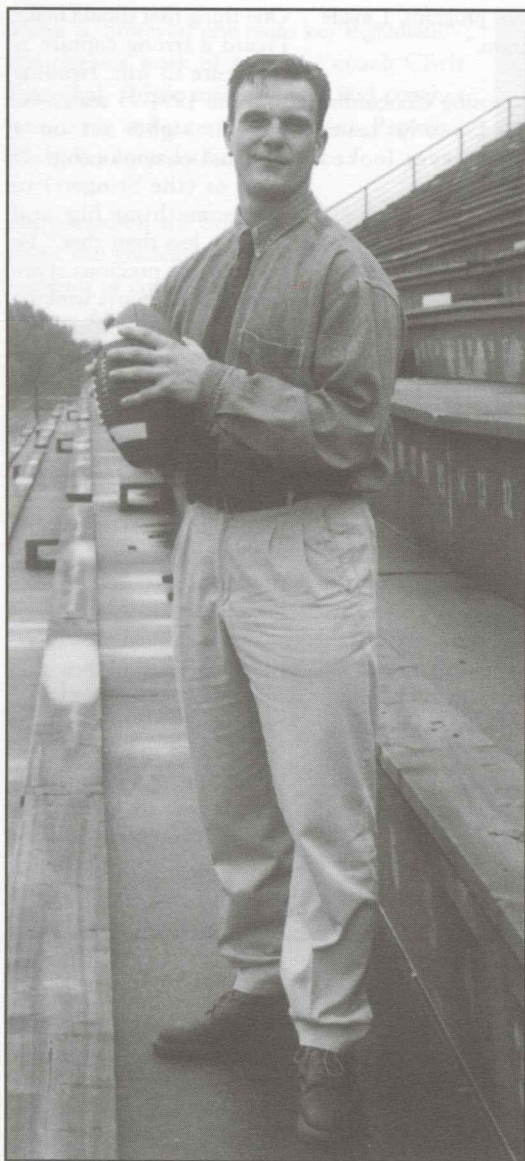
MEN'S HOCKEY SCHEDULE

Sept. 30, Oct. 1 & 2		UQTR Tournament
Oct. 7 & 8		Queen's Tournament
Friday, Oct. 14	7:30 p.m.	at Lowell (non-conf.)
Saturday, Oct. 15	2 p.m.	at Merrimack (non-conf.)
Friday, Oct. 21	7:30 p.m.	vs. McGill
Sunday, Oct. 23	2:30 p.m.	at Ottawa
Friday, Oct. 28	8 p.m.	at UQTR
Friday, Nov. 4	7:30 p.m.	vs. RMC
Saturday, Nov. 5	7:30 p.m.	vs. Queen's
Thursday, Nov. 10	7:30 p.m.	vs. UQTR
Tuesday, Nov. 15	7:30 p.m.	vs. Ottawa
Friday, Nov. 18	7:30 p.m.	vs. Guelph
Saturday, Nov. 19	3 p.m.	vs. Toronto
Wednesday, Nov. 23	7:30 p.m.	at McGill
Friday, Dec. 2	7:30 p.m.	at Brock
Saturday, Dec. 3	7:30 p.m.	at York
Dec 31. to Jan. 12		Czech Republic tour
Wednesday, Jan. 18	7 p.m.	at McGill
Friday, Jan. 20	7:30 p.m.	vs. UQTR
Sunday, Jan. 22	3 p.m.	at Ottawa
Saturday, Jan. 28	2 p.m.	at Queen's
Sunday, Jan. 29	2 p.m.	at RMC
Saturday, Feb. 4	8 p.m.	vs. Laurentian
Sunday, Feb. 5	5:30 p.m.	vs. Ryerson
Wednesday, Feb. 8	7:30 p.m.	vs. Ottawa
Saturday, Feb. 11	4 p.m.	at Toronto
Sunday, Feb. 12	2 p.m.	at Guelph
Tuesday, Feb. 14	7:30 p.m.	vs. McGill
Friday, Feb. 17	8 p.m.	at UQTR
Tuesday, Feb. 21		First round of playoffs
Thursday, Feb. 23		Second round begins
March 10-12		National championship in Toronto

FOOTBALL - DENNIS PITSELIS

By DEREK CASSOFF

Midway through the Ontario-Quebec Intercollegiate Football Conference title game between Concordia and the Bishop's Gaiters last November, Stinger quarterback Dennis Pitselis lay on the field with a concussion and a nine-inch crack down the side of his helmet. Seconds earlier, he had tried to run the football through an opening in the defence, only to be hit head-on by three large linemen.



For a while, it looked as if Pitselis and the fortunes of his Concordia teammates had suffered a vicious blow. But the quarterback refused to take himself out of the game, returning instead on the very next series.

"There was no way I was coming out of that game," he said. "The game was just too important. I was staying in."

He was a little shaky at first, but he rebounded in time to help the Stingers earn a 10-7 victory and a berth in the Churchill Bowl at the SkyDome against the University of Toronto the following week.

The events that day were typical for Pitselis, the child of Greek immigrants who have persevered through many ups and downs. Nothing and no one keeps the Pitselis clan down for long.

"There is a Greek expression that says, 'If you don't get your ass wet, you won't catch any fish,'" Pitselis, 25, said. "My parents used to always tell it to me, and I took their words to heart."

"I have a theory in life, whatever you do, you do it all the way, whether it's training, studying or partying."

Perhaps it is that theory that has helped Pitselis develop into one of the O-QIFC's top quarterbacks, while maintaining both a 3.43 GPA in commerce and a healthy social life.

Pitselis came to Concordia via Acadia University in Wolfville, N.S., where he spent two seasons languishing on the bench. A native of Montreal's east end, he jumped to Acadia from Vanier College, where he led the Cheetahs to a Bol d'Or championship in 1989 and rewrote the CEGEP AAA league's passing records along the way.

But Acadia turned out to be a disappointment. It was then that Pitselis made the most difficult decision of his life so far. He decided to sit out a year and transfer to Concordia.

Stinger fans have been grateful ever since. After sitting out the 1992 season, Pitselis guided Concordia to its first con-

ference title since 1982. The Stingers lost 26-16 to the University of Toronto in the national semifinals last November, only a game shy of the Vanier Cup championship.

Along the way, Pitselis completed 91 of 220 passes good for 1,469 yards. He threw seven touchdowns and rushed for another three.

"As the year went on, he just got better and better," said head coach Pat Sheahan. "By the end of his career he'll be as good or as better than any quarterback Concordia has ever had, and this school has had some of the best quarterbacks university football has ever seen."

"We run a pretty sophisticated offence, so our quarterbacks have their work cut out for them," added Gerry McGrath, the Stingers' offensive co-ordinator. "Dennis has done an excellent job. He's always been a good athlete but now he's a great quarterback, and we expect great things from him this year."

FOOTBALL PROSPECTUS

Head coach: Pat Sheahan

Assistant coaches: Peter Chrysomalis, Gerry McGrath, Pete Regimbald, Grant Allan, Bryan Carroll, Paul Chesser, Art Farinha, Sylvain Jetté, Dan McKinnon, Bryan Vajda

Key veterans: André Bolduc, Marc Fortier, Dimitrios Manolopoulos, Mark Montreuil, Luc Pelland, Johnny Petrella, Dennis Pitselis

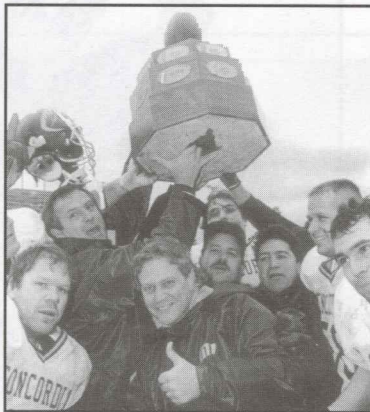
Newcomers: Martin Anderson, Daniel Brideau, Thom Hay, Eric Leclerc, Marcus Obal, André Wellington

Strengths: Great experience at key positions, strong defensive secondary, quarterbacking

Weaknesses: Experience at some positions

Record in 1993: 4-3 in O-QIFC regular season, 7-5 overall

Playoffs in 1993: Defeated McGill 34-30 in semifinals, defeated Bishop's 10-7 in O-QIFC final, lost 26-16 to Toronto at Churchill Bowl



1994 CONCORDIA UNIVERSITY FOOTBALL SCHEDULE

Sunday, Aug. 28	1 p.m.	vs. York (non conf.)
Saturday, Sept. 3	1 p.m.	vs. Waterloo (non. conf.)
Saturday, Sept. 10	1 p.m.	vs. Bishop's
Saturday, Sept. 17	2 p.m.	at Carleton
Saturday, Sept. 24	2 p.m.	at McGill (Shaughnessy Cup)
Saturday, Oct. 1	1 p.m.	vs. Queen's
Saturday, Oct. 8	2 p.m.	at Ottawa
Saturday, Oct. 15	1 p.m.	vs. McGill (Shrine Bowl and Homecoming)
Saturday, Oct. 22	2 p.m.	at Bishop's
Saturday, Oct. 29		O-QIFC semifinals
Saturday, Nov. 5		O-QIFC finals
Saturday, Nov. 12		Churchill Bowl
Saturday, Nov. 19		Vanier Cup

WOMEN'S HOCKEY – THE BEST IN NORTH AMERICA

By BRIANNA DAVIS

Without a doubt, Concordia University's women's hockey program is the strongest in North America, and it attracts the best players from Alberta, Nova Scotia, Ontario, Wisconsin, Illinois, California, Massachusetts and all points in between.

"I really believe we have the best team in North America," said head coach Les Lawton, who was also Team Canada's coach at the 1993 world championships. "It's the quality of the program. The ice time we get and our budget – compared to other teams – is far superior."

Concordia evolved from a strong provincial program to a strong national program after Lawton went on a recruiting trip to the Canada Games in Prince Edward Island in 1991. He convinced some exceptional talent to join his team in Montreal. For example, from Westville, N.S., the powerful Jordan sisters, Lesley and Lisa, are just two of the players who suit up for the Stingers as a result of Lawton's trip east.

Last season, the Stingers attracted two top American players, centre Cammie Granato of Illinois and right-winger Karyn Bye of Wisconsin, and their praise of the program has brought two more U.S. players up to Concordia. Michelle Johansson of Walnut Creek, Calif., will join the defensive unit, while winger Beth Beagan of Falmouth, Mass., joins the forwards. They will be great additions to the already powerful Stingers.

Lawton believes the Stingers' hard work ethic and the coaching staff makes the university the first choice for recruits.

"I think we really teach the game at both ends of the ice very well," he added.

In addition to having the strongest university team on the continent, Concordia also has the best women's hockey tournament in North America. The 27th annual Theresa Humes Tournament will be played in the Loyola arena from Feb. 3 to 5.



Joining the Stingers will likely be the New Hampshire Wildcats, the St. Lawrence Saints, the Queen's Golden Gaels, the Toronto Blues and the UQTR Patriotes.

The Stingers have won the tournament the last two years, beating out some of the top teams in women's hockey.

"Theresa Humes is a great tournament," said Lawton. "It allows us to bring together some national team members from both sides of the border and it's usually a well-fought tournament."

This season, the women's team has decided not to play in the Quebec Student Sports Federation league. Opting instead to look for stronger competition by playing an indepen-

dent schedule, which includes various hockey tournaments, games against top American universities and matches against some of Quebec's best women's teams.

Such a bold move will likely keep the best women players from both sides of the border coming to Concordia for years to come.

WOMEN'S HOCKEY PROSPECTUS

Head coach: Les Lawton

Assistant coaches: Julie Healy, Caroline Blanchet

Key veterans: Martine Berubé, Laurie Cartman, Lisa and Lesley Jordan, Karyn Bye, Cammie Granato
Newcomers: Kristina Ronson, Kari Colpits, Jennifer Plumb, Erin Leslie, Michelle Johansson, Beth Beagan

Strengths: A lot of returning players, two leading scorers returning (Martine Berubé and Karyn Bye)
Weaknesses: Inexperienced goaltending

Record in 1993-94: 15-0 in league play, 22-2-3 in non-conference games

Playoff record in 1993-94: 4-1-0, won championship



WOMEN'S HOCKEY HOME SCHEDULE

Friday, Oct. 14	6 p.m.	vs. Quebec Senior League
Friday, Oct. 28	6 p.m.	vs. Quebec Senior League
Friday, Nov. 11	6 p.m.	vs. University of Toronto
Friday, Nov. 18	6 p.m.	vs. Quebec Senior League
Friday, Dec. 2	6 p.m.	vs. Quebec Senior League
Monday, Jan. 2	TBA	vs. Dartmouth
Tuesday, Jan. 3	TBA	vs. Dartmouth
Wednesday, Jan. 4	TBA	vs. Providence
Thursday, Jan. 5	TBA	vs. Providence
Friday, Feb. 3		Theresa Humes Invitational
Saturday, Feb. 4		Theresa Humes Invitational
Sunday, Feb. 5		Theresa Humes Invitational



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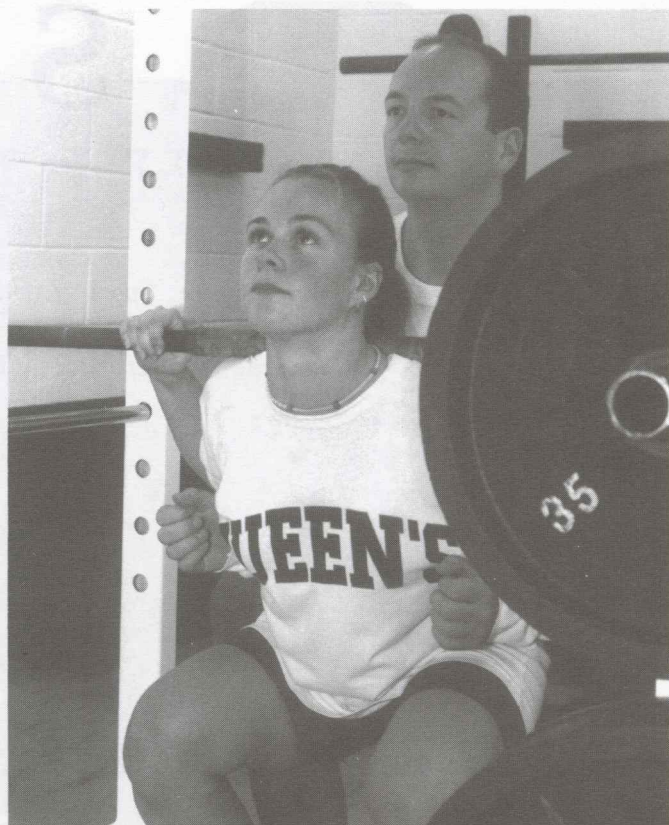
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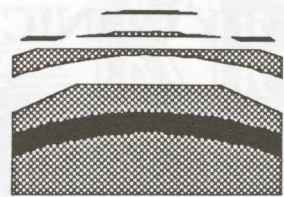
CONCORDIA VARSITY ATHLETE THERAPY CLINIC

Every time you see a volleyball player go for the kill or a quarterback roll out and throw a long bomb, you can't help but admire their athletic prowess. But these are also signs of top-rate athletic therapy and strength and conditioning programs.

According to head athletic therapist Ron Rappel, the role of the Concordia Varsity Athlete Therapy Clinic is twofold. Through preparation, training and testing, the clinic staff is able to cut down on injuries and ensure that Concordia varsity athletes are in peak performance shape. The therapists also rehabilitate injured athletes as quickly as possible.

In addition, athletic therapist Scott Livingston runs a strength and conditioning program for varsity athletes. He works on conditioning athletes 12 months a year and tries to install in them a lifetime approach to fitness.





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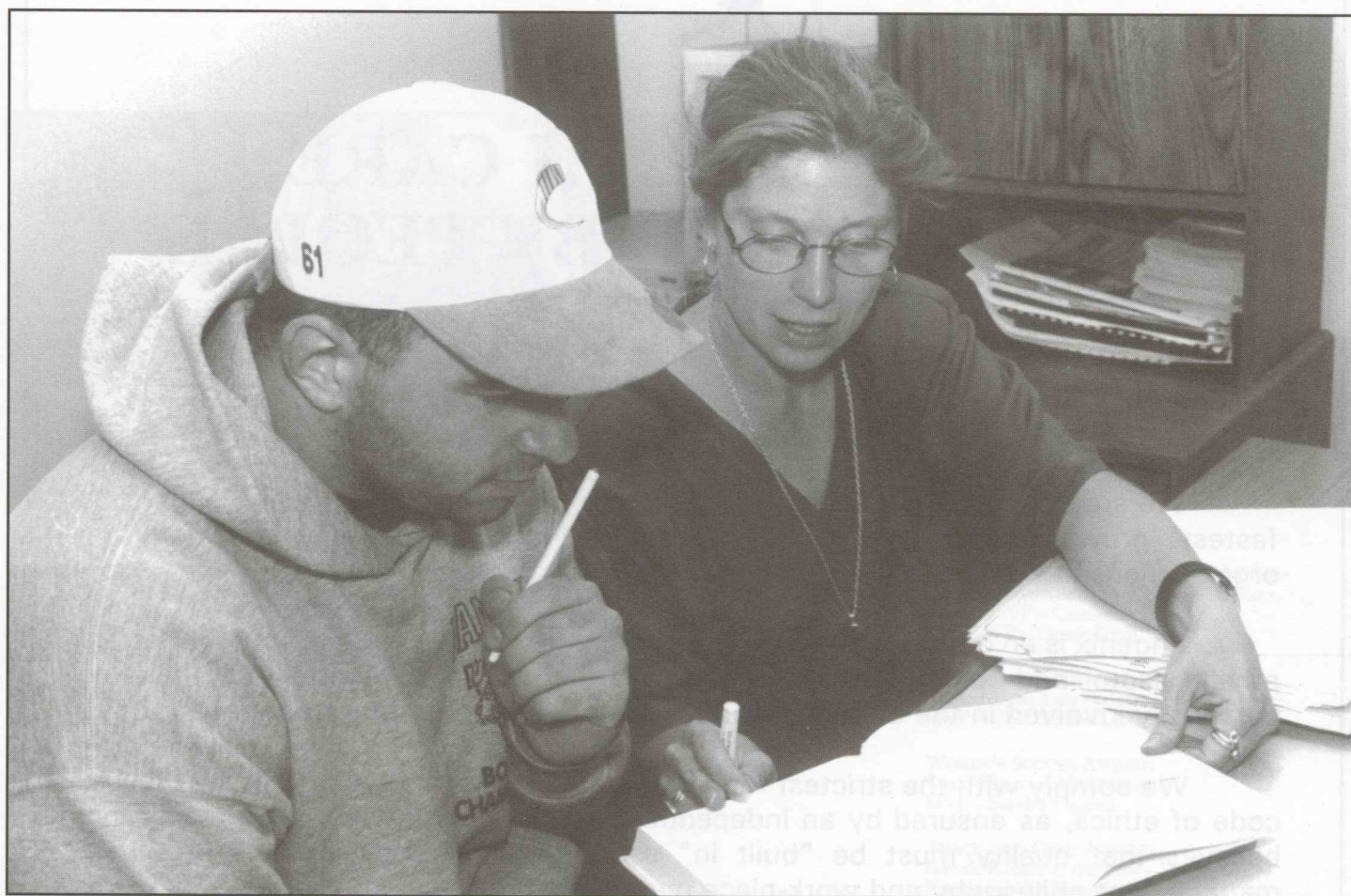
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ACADEMIC SUPPORT



"How can I concentrate on writing a good assignment when one red sock ruined a whole load of whites."

That's just one of the many unusual comments student athletes brought to Anna Johansson, who co-ordinates Concordia University's Student Athlete Academic Support Program (SAASP). The program includes a learning lab where student athletes can come on a regular basis or as needed to work on assignments. There's also a reference library and help is available to assist in locating tutors and to discuss academic concerns and strategies.

The program, now in its third year of existence, is designed partly for newcomers and those making big transitions. For students starting at a large English university in a big city like Montreal, the challenges and changes are enormous. Many athletes are willing to take on these challenges because they want to be part of the strong Concordia athletic programs.

"Often the people I work with are leaving a girlfriend at home, leaving their mother for

the first time," said Johansson, who recently completed her graduate diploma in adult education. "Some are miles away from home and some don't understand English."

Part of Johansson's job is to make sure that, despite all the new pressures, academics is the top priority.

"The student athletes need to realize three or four hours of studying a week is not enough," she said. "That's a lot of what the counselling is about - time management and encouraging them to study."

Johansson is responsible for running a series of orientation and skills workshops to get everyone off on the right foot. One workshop covers university orientation, student services, study skills and preparing for exams. Transition and time management workshops are organized as are library tours and discussions on research.

The program is also designed to follow up on student athletes on probation or in academic jeopardy. Coaches join Johansson in keeping track of these problems. Athletes are expected

to drop by the learning lab every two weeks, where they are asked questions like "Have you been paying attention in class?" and "Have you started work on your first assignment?"

The results have been encouraging. Many students who have fallen behind in class work have been brought back from the brink. They have successfully been encouraged to become better note-takers, better listeners and more self-sufficient.

Perhaps what best illustrates the program's success is the number of students who turn to Johansson and the learning lab.

"The student athlete response has been amazing," she said of the more than 394 individual visits she had from athletes last year. "SAASP is a great tool and it's very rewarding to see so many students take advantage of what the program has to offer."



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 Ron Lapointe Award – Robert Ferguson
 Female Rookie of the Year – Eva Samore
 Male Rookie of the Year – Maxime Bouchard
 Female Athlete of the Year – Natascha Wesch
 Male Athlete of the Year – Paul Chesser
 Fittest Female Athlete – Ginnie Brulé, Karyn Bye
 Fittest Male Athlete – Dennis Pitselis

MERIT AWARDS

Ginnie Brulé
 Eric Corej
 Tanya Guitman
 Julie Kinsella
 Laura Morrison
 Mike Noble
 Derek Potts
 Chris Rose
 Anne Szili
 Emerson Thomas

MEN'S BASKETBALL AWARDS

Rookie of the Year – Maxime Bouchard
 MVP – Robert Ferguson

WOMEN'S BASKETBALL AWARDS

Rookie of the Year – Eva Samore
 MVP – Patricia Demers, Tanya Guitman

FOOTBALL AWARDS

Rookie of the Year – Louis Daniele
 MVP – Dennis Pitselis

MEN'S HOCKEY AWARDS

Rookie of the Year – Martin Balleux
 MVP – Derek Potts

WOMEN'S HOCKEY AWARDS

Rookie of the Year – Anne Rodrigue
 MVP – Karyn Bye

MEN'S RUGBY AWARDS

Rookie of the Year – Mathieu Garston
 MVP – Anthony Clark

WOMEN'S RUGBY AWARDS

Rookie of the Year – Lara Falquero
 MVP – Laura Morrison

SKI TEAM AWARDS

Female Rookie of the Year – Cassandra Price
 Male Rookie of the Year – Ryan McGraw
 Female MVP – Cassandra Price
 Male MVP – Duane Baird

MEN'S SOCCER AWARDS

Rookie of the Year – Mario Lombardi
 MVP – Glen Cambell, Chris Rose

WOMEN'S SOCCER AWARDS

Team Player – Isabel Marquis
 MVP – Sandra Tuppert

TRACK AND FIELD AWARDS

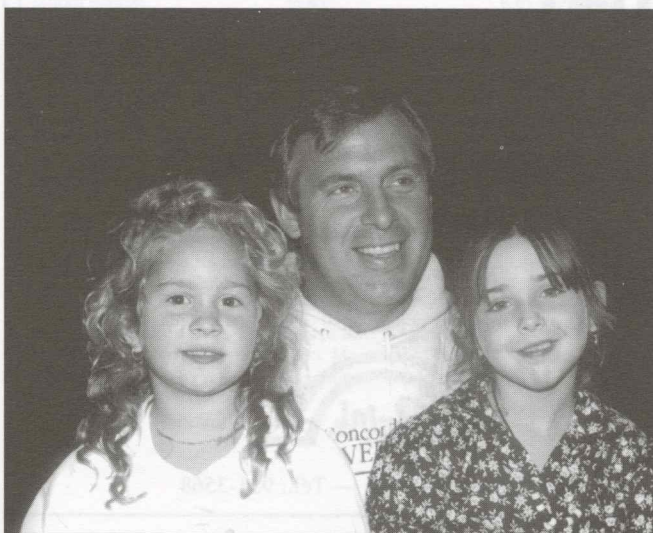
Female Rookie of the Year – Lara Penno
 Female MVP – Maria Isabelle Noel
 Male Rookie of the Year – Yasser Leheta
 Male MVP – Derek Marinos

VOLLEYBALL AWARDS

Rookie of the Year – Catherine Chan
 MVP – Cassandra Bardo

WRESTLING AWARDS

Rookie of the Year – Anthony Carelli
 MVP – Jason Della Rocca



CONCORDIA SUMMER SPORTS CAMP

The Loyola Campus of Concordia University is alive with the sound of children's laughter every summer. Beginning this June, the Concordia Summer Sports Camp will again liven up the N.D.G. campus.

The camp offers children from the ages of five to 13 a wide variety of sports and leisure activities including: soccer, swimming, basketball, badminton, football, cosom hockey, baseball, lacrosse, handball, tennis, frisbee, gymnastics, track and field, and playground games. The camp also has arts and crafts. The staff, in its efforts to make camp a memorable experience, puts together special events on Friday afternoons. Carnivals, Olympics and other great activities are set up.

The camp director is Pat Sheahan, a father of three school-age children. He brings to Concordia an extensive background in camp administration, teaching and coaching. He and his staff of hand-picked counsellors will ensure that each child has "the summer experience of a lifetime."

To find out more about the two-week summer sessions, call the Concordia Summer Sports Camp at 426-0205 or at 848-3859 after June 1.

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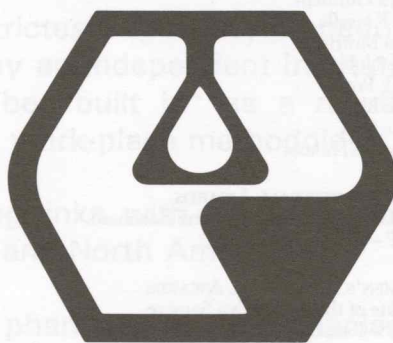
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Course	Day	Time	Student/Staff/Other
Morning aerobics	Tues. & Thurs.	8 to 8:50 a.m.	\$20/\$25/\$30
Lo impact	Mon., Wed. & Fri.	noon to 1 p.m.	\$30/\$45/\$70
Cardio muscle	Tues. & Thurs.	noon to 1 p.m.	\$25/\$35/\$50
Hi/lo impact	Mon., Wed. & Fri.	1 to 2 p.m.	\$30/\$40/\$60
Total body workout	Tues. & Thurs.	1 to 2 p.m.	\$20/\$30/\$40
Dance hip-hop I,II,III	Mon. & Wed.	5 to 6 p.m.	\$25/\$35/\$50
Body shaping aerobics	Tues. & Thurs.	5:10 to 6:05 p.m.	\$25/\$35/\$50
Contemporary dance	Mon. & Wed.	6:15 to 7:30 p.m.	\$50/\$60/\$70
Classical ballet	Tues. & Thurs.	6:10 to 7:30 p.m.	\$40/\$50/\$70
Ballroom dance	Fri.	5:15 to 7:15 p.m.	\$35/\$45/\$60
Yoga	Tues.	5 to 6:30 p.m.	\$25/\$30/\$50
Tai Chi	Mon. & Wed.	6:15 to 7:30 p.m.	\$25/\$30/\$45
Kung Fu	Mon. & Fri.	6 to 7:30 p.m.	\$50/\$60/NA
	Wed. & Fri.	noon to 1:30 p.m.	\$50/\$60/NA
	Wed.	7:30 to 9 p.m.	\$50/\$60/NA
Martial arts club (beg.)	Mon., Wed. & Fri.	6:15 to 7:15 p.m.	\$50/\$60/\$80
Martial arts club	Mon., Wed. & Fri.	7:30 to 10:30 p.m.	\$80/\$90/\$100
Women's self defence	Sat.	10 to 11:30 a.m.	\$20/\$30/\$50
Basketball (recreational)	Mon. to Sat.	2 to 5 p.m.	\$15/\$15/\$40
Basketball (league)	Tues. & Thurs.	7:45 to 10 p.m.	\$25/\$35/\$55
Swimming	Mon. to Sun.	TBA	\$20/\$25/NA
Triathlon club	Mon., Wed. & Fri.	TBA	\$50/\$75/\$100
Weight room	Mon. to Fri.	9:15 a.m. to 10 p.m.	\$20/\$25/\$45
	Sat.	noon to 5 p.m.	\$20/\$25/\$45
Fitness instruction	Fri.	6 to 7 p.m.	\$15/\$25/\$30

LOYOLA ATHLETIC COMPLEX, 7200 SHERBROOKE ST. W., 848-3858

Course	Day	Time	Student/Staff/Other
Aerobic fitness	Mon., Wed. & Fri.	12:05 to 1 p.m.	\$30/\$35/\$50
Light impact	Tues. & Thurs.	12:05 to 1 p.m.	\$20/\$25/\$40
Power hour aerobics	Mon. & Wed.	5 to 6 p.m.	\$20/\$25/\$40
Badminton	Sun.	7:30 to 10:30 p.m.	\$15/\$15/\$25
Basketball	Tues. & Thurs.	7:30 to 11:30 p.m.	\$25/\$30/\$55
Broomball	Fri.	10 a.m. to 2 p.m.	\$20/\$25/\$40
	Sun.	4 to 8 p.m.	\$20/\$25/\$40
* Ice hockey	Thurs. to Sun.	TBA	** \$50/\$60/\$100
Indoor soccer	Wed.	8 to 11:55 p.m.	\$20/\$25/NA
Karate	Tues. & Thurs.	6 to 7:30 p.m.	\$35/\$40/\$50
Outdoor club	Sat. & Sun.	TBA	TBA
Touch football	Sun.	4 to 8 p.m.	\$15/\$20/\$30
Volleyball	Mon.	8 to 11 p.m.	\$20/\$25/\$30
	Fri.	7 to 10 p.m.	\$20/\$25/\$30
Weight room	Mon. to Fri. & Sun.	10 a.m. to 10 p.m.	\$20/\$25/\$45
Fitness instruction	Mon. to Fri.	By appointment	\$15/\$25/\$30

Day passes cost \$2 for students, \$3 for staff and \$5 for others.

Please note - prices listed are for one semester.

** Ice hockey fee is for two semesters.

* Teams must contact Mike Rinaldi at 848-3858 beginning at noon Sept. 6 to register.

Prices, times and days are subject to change

Loyola office hours and registration: Monday to Friday from 9:15 a.m. to 9 p.m.

Victoria Gym office hours and registration: Monday to Friday from 9:15 a.m. to 10 p.m. and Saturday from noon to 5 p.m.

CAMPUS RECREATION

The campus recreation program at Concordia University offers students, staff, alumni and the local community a wide variety of programs throughout the academic year (fall, winter, spring). Activities are offered at both the downtown and Loyola campuses.

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But which one to choose from? To make things easier, there are three open houses during the academic year. They take place Sept. 19 to 24, Jan. 16 to 21 and May 8 to 13. Students staff and faculty are welcome to try a class free of charge.

Keep in mind some activities fill up rather quickly, so you are encouraged to sign up as soon as you know which activity suits you.

REGISTRATION

Loyola Gym

7200 Sherbrooke St. W.

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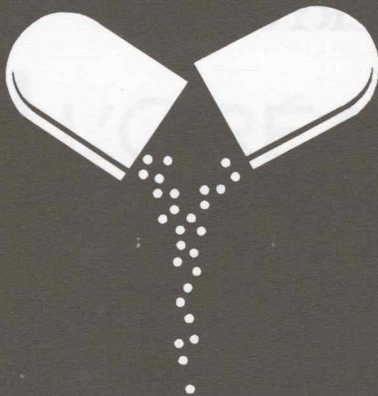
The office is open Monday to Friday from 9:15 a.m. to 9 p.m.

Victoria Gym

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The office is open Monday to Friday from 9:15 a.m. to 10 p.m. There are also office hours Saturdays from noon to 5 p.m.



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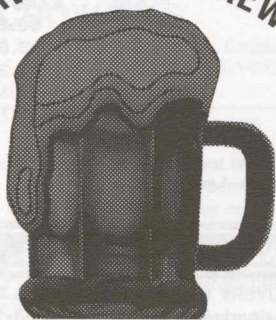
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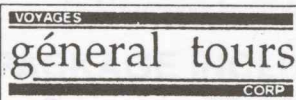
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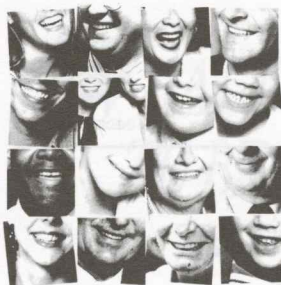
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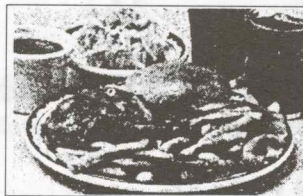
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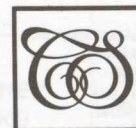
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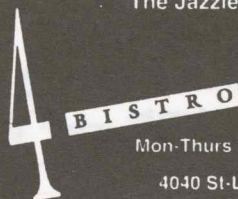
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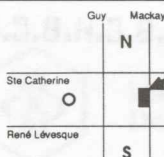
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On December 03, 1994 the International 10K takes place in and around Barbados historic capital, Bridgetown. Following the 10K an optional pre-marathon pasta dinner will be served for those taking part in Sunday's marathon. Grantley Adams International Airport is the location for the 5:30 a.m. start of the marathon. The finish area will be at one of the island's most luxurious resorts and will be the scene of a post awards beach party with steel band.

The tour includes: 8 days/7 nights accommodation; airfare Toronto/Barbados return, transfers, service charges and all taxes. Prices are from Cdn. \$779.00 based on double occupancy. Barbados departure tax not included.

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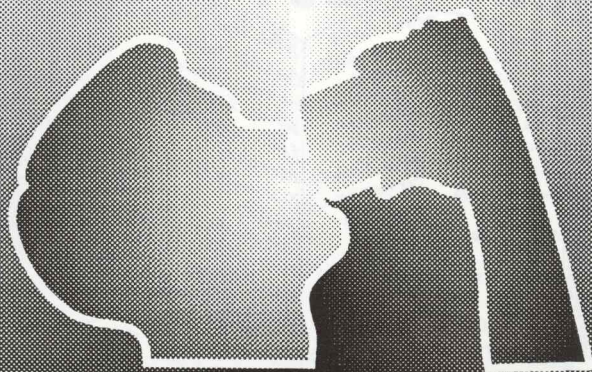
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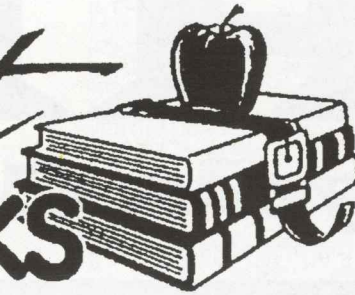
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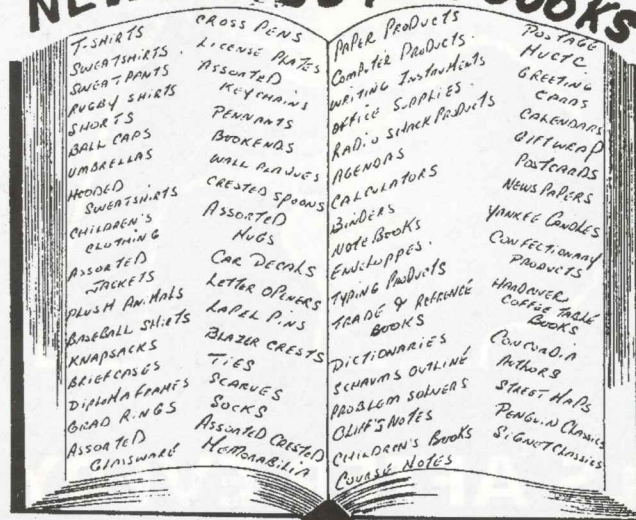
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